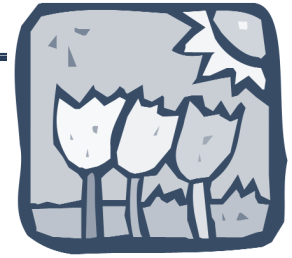


Defining Spirituality



Look at these definitions of spirituality. Which ones describe what spirituality means to you?

Spirituality is

1. A person's relationship with God
2. The deepest level from which a human being operates
3. The philosophical context of a person's life (values, rules, attitudes, and views)
4. The same as religion
5. Other: _____

The second and third definitions describe spirituality in a broad sense. When it comes to recovery, these broad definitions are the most useful way to think of spirituality. They describe being spiritual as having to do with a person's spirit or soul, as distinguished from his or her physical being. Some people believe the level and degree of spirituality in a person's life help determine the quality of life. One way to assess the quality of your spirituality is by answering the following questions:

What do you want from life? Are you getting it?

Defining Spirituality

On what is your spiritual security based? (What would it take to destroy your sense of self-worth?)

Who do you have to be before you approve of yourself? (What qualities are most important to you?)

What does success mean to you? (What does “making it” mean?)



To live an abstinent life, the person in recovery has to be comfortable within himself or herself. Gaining a sense of spirituality gives many people the inner peace that makes abusing substances unnecessary. Twelve-Step and mutual-help programs provide one way to gain or regain a love of oneself and of life.